



# EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE SUMMER 2024



SCAN ME



**Community Services Director: Andy Wade 886-8350**

***Parks, Recreation, and Harbor: 886-8626 Senior Center: 886-8669***

## RECREATION

Recreation Manager: Rachel Arbige  
 Youth Recreation Supervisor: Joshua Wolff  
 Community Services Coordinator: Lois Campion

## SENIOR SERVICES

Senior Services Manager: Erin McAndrew  
 Transportation Coordinator: Anthony Diogo  
 Meal Site Coordinator: Judy Karam

## PARKS

Parks Superintendent: Bill "Pags" Pagliarini  
 Forman: Tom Geuss, Peter Cambio  
 Maintenance Team: James Broady, Chris Horton,  
 Gregor Johnson, Jacob Leander, Eric Sartwell

## HARBOR

Harbormaster: John Parker

## What's Inside:

- ***Youth, Teen and Camps: Pages 6-8***
- ***Adult Recreation Programs: Pages 9-15***
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**Register for all Recreation programs at [egrecreation.recdesk.com](http://egrecreation.recdesk.com)**

Dear East Greenwich Community,

As we gear up for another exciting summer season, I am thrilled to welcome you to the East Greenwich Community Services & Parks Department Summer Program Guide! I'm Andy Wade, the Director, and I'm excited to share with you the diverse slate of programs we have in store for residents of all ages.

Our mission remains steadfast: to provide engaging and inclusive programs that bring our community together. This summer, we are proud to present an array of outdoor community events designed to delight and inspire. From the beloved Family Fun Series to the toe-tapping Summer Concert Series on Tuesday and Thursday nights, there's something for everyone to enjoy under the sun. But that's not all! We're also making strides in enhancing our parks and recreational spaces to better serve our community. I'm pleased to announce the ongoing construction of new pickleball and basketball courts at Academy Field, as well as the recent addition of a shade pavilion at Eldredge Park. These improvements are just the beginning of an exciting journey that includes new basketball courts, an ADA walking path, a new softball field, and fencing—all aimed at creating vibrant, accessible spaces for everyone to enjoy.

And the good news keeps coming! Thanks to the tireless efforts of our team and the support of our community, we've secured nearly \$1 million in funding from the federal government for shoreline improvements, including enhancements at Scalloptown Park as we work towards establishing the town's first official dog park. Additionally, we're thrilled to have been awarded a \$100,000 grant from the RIDEM's Recreation Development program, announced just today on April 29, 2024. This grant will further propel our efforts to create inclusive and welcoming spaces for all.

As if that wasn't enough, our community's bright future is further illuminated by the recent receipt of \$686,000 in funding from the Governor through the Community Learning Center Grant program. This funding will fuel the expansion of the Swift Community Center, ensuring that it remains a hub of learning, connection, and enrichment to our senior population and broader community for years to come.

In East Greenwich, the future is indeed bright, and I invite you to join us as we embrace the spirit of community, growth, and opportunity this summer. Whether you're exploring our parks, attending one of our events, or simply enjoying the beauty of our town, I hope you have a fantastic summer filled with laughter, joy, and cherished memories.

Warmest regards,



**Andy Wade**

**Director, Community Services & Parks Department**

**886-8350**



## Have You Heard the News?



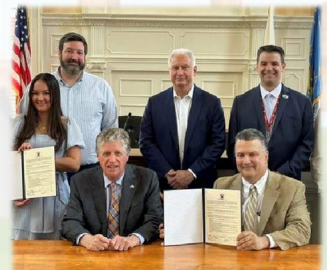
As construction commences on two new pickleball courts and a modern basketball court at Academy Field, anticipation fills the air! These upcoming additions are poised to enrich the recreational landscape of our community, providing engaging activities for residents of all ages. Designed to complement the diverse programming offered through the Senior Center and cater to the needs of the surrounding neighborhood, these courts promise to be focal points of activity and community connection. Whether it's a spirited game of pickleball or shooting hoops with friends, Academy Field is primed to become the premier destination for active living and neighborly camaraderie. Get ready to lace up those sneakers and join in the fun as we eagerly await the completion of these exciting new amenities!

Exciting news for our community! We're proud to announce that we've secured a substantial \$963,000 federal funding grant through a bill presented by Congressman Seth Magaziner's office. This funding will spearhead transformative shoreline improvements along Greenwich Cove, a vital initiative for our town's environmental and recreational landscape. The project encompasses three key elements: first, a comprehensive public right-of-way feasibility study and associated improvements to enhance accessibility and usability; second, crucial shoreline resiliency and environmental protection upgrades, including the removal of outdated fuel tanks and Transfer Station infrastructure; and finally, the development of a much-needed shoreline access path, shelter, and accessible dock platform. This Phase 1 effort is integral to the larger vision of establishing a comprehensive shoreline access network, promising enhanced recreational opportunities and environmental stewardship for all members of our community.



We're thrilled to announce that our town has been awarded a \$100,000 grant from the RIDEM Recreation Development Grants! This funding will be utilized to construct a much-anticipated dog park within Scalloptown Park. In addition to this exciting addition, we're planning several enhancements to make the park even more enjoyable for our community. Expect new walking paths winding through the park's scenic landscape, convenient composting toilets for eco-friendly facilities, a welcoming shade pavilion, and comfortable benches to relax and take in the surroundings. These improvements are set to transform Scalloptown Park into a vibrant hub for both two-legged and four-legged visitors alike!

We're delighted to share that East Greenwich has been awarded a substantial \$668,523 grant for the expansion of the Swift Community Center, thanks to the State's Community Learning Center Grants program. This exciting development marks a significant step forward in enhancing our community's resources and services. The modest yet impactful addition will directly benefit our senior center participants by providing additional spaces for classes, improved access to technology, and convenient health screening facilities. Moreover, the expanded program space will play a crucial role in supporting initiatives under the Learn365 umbrella, ensuring continued educational opportunities and community engagement for residents of all ages. This investment is a testament to our commitment to fostering learning, wellness, and inclusivity within our community, and we eagerly anticipate the positive impact it will bring to all who utilize the Swift Community Center.



# THE Donnie Bowen BASKETBALL COURTS WALK OF FAME



Great idea...  
Get your Team  
together and  
sponsor a  
brick!

SCAN to get started  
on your brick order:



THE EAST GREENWICH TOWN COUNCIL has named the Eldredge Basketball Courts in Donnie Bowen's honor. The courts will be getting a total rebuild in 2024 as part of a long-term project to revitalize the Eldredge fields. Plans include installing a walk next to the courts, and **YOU can help!**

## Did you know?

Bowen has been a school and town basketball coach for decades and was star of the EGHS basketball team in the early 1970s, leading the team to state championships in 1971 (the school's first ever) and 1972. As a coach at EGHS, his teams won the state championship in 1991 and 2018. In 2021, the National High School Basketball Coaches Association awarded him the John Wooden Legacy Award.

Former player and friend Dan Forbes said, "Donnie represents the best of East Greenwich on and off the court. He was a one-person East Greenwich Basketball Association prior to the EGBA's formation." Forbes himself was taught by Bowen, was a member of the 1991 EGHS team that won the state title under Bowen's leadership, and is EGBA's current President.

"For almost half a century, he's developed our children's basketball skills, with much of that work taking place at Eldredge courts," Forbes said. "Donnie embodied athletic excellence as a player and now acts as an exemplary role model as a coach and mentor for EG kids."

—Excerpted from *East Greenwich News*

## BRICK Pricing

- All-Star: 8" x 4" ..... \$150
- MVP Granite: 8" x 8" ..... \$500
- HALL of FAME Granite: 12" x 12" ... \$1,000



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[ 9 LINES — 18 Characters per Line ]



# PRESCHOOL, YOUTH & TEEN

Hello families!

It's our favorite time of the year: Summer! We love the increased participation that the Summer season brings and are so appreciative of all the EG children and families that choose to spend their Summer with us.

While many of our camps are full, it's not too late to sign-up! We still have openings in many of our Specialty Camps and Eldredge Playground Camp Week 1. Please visit our website for camp descriptions and to sign up.

Coach Bowen and I are excited for another Summer of Boys Basketball League! Don't forget: It's not too late to sponsor a brick for the Donnie Bowen Basketball Court Walk of Fame! And we can't wait for Summer Basketball League 2025 on the new Donnie Bowen Courts!

If you have any questions or feedback, please do not hesitate to contact me.

Sincerely,



Josh Wolff, CPRP  
 Recreation Supervisor  
 East Greenwich Recreation  
 886-8626 Ext 1



### Summer Camp 2024!

EG Rec Staff is gearing up for another busy Summer of camp. As of April 15<sup>th</sup>, the below camps still have space. Please visit our website to confirm availability and for camp descriptions, fees, etc.

#### Playground Camps:

Eldredge Playground Camp Week 1 (7/1-7/3)

#### Specialty Camps:

Week 2 July 8-11	Week 3 July 15-18	Week 4 July 22-25	Week 5 July 29-Aug 1	Week 6 Aug 5-8	Week 7 Aug 13-16
Tennis	Chess Camp	Origami	Chess	Soccer	Safety Town
Enviro-Explorer	Kids Yoga	Carr's Camp	Kids Yoga		Choral Camp Gr 2-12
	Musical Theater	Soccer	Tennis		Farm Camp Ages 6-16
	Tennis				

Grades 1-3  
 Grades 3-6  
 Grades 1-6  
 Kindergarten



For more information on any of our Youth programs please contact our Youth Recreation Supervisor

Josh Wolff—(401) 886-8626, Ext 1—[jwolff@eastgreenwichri.com](mailto:jwolff@eastgreenwichri.com)



# YOUTH & TEEN PROGRAMS

## Group Cello

**Grades:** 4 and up

**Dates:** Mondays, July 8-Aug. 5

**Time:** 5:30pm-6:30pm

**Location:** Recreation Building

**Cost:** \$165.00

**Instructor:** Megan Koch

Brush up on your cello skills and work on cello ensemble repertoire. Prior cello experience necessary.



## Boys Summer Basketball League

**Grades 6/7:** Mondays & Wednesdays from 5:30pm-7:30pm

**Grades 8-10:** Mondays & Wednesdays from 7:30pm-9:30pm

**Grades 10-12:** Tuesdays 6:30pm-8:30pm

**Dates:** June 17-July 31

**Location:** Eldredge Courts

**Cost:** Grades 6/7: \$95

Grades 8-10: \$95

Grades 10-12: \$40

**Instructor:** Donnie Bowen

**Description:** Games will be in hour-long blocks. Team assignments and game schedules will be announced to all participants prior to the first game. Teams will be divided to ensure fair competition. All games will have referees and scores will be kept. All participants will get equal playing time. All participants get a team shirt.



**Registration  
Opens  
Tuesday,  
June 5th  
10AM**

## Cello – All State Senior Prep

**Grades:** 9-11

**Dates:** Mondays, July 8-Aug. 5

**Time:** 6:30pm-7:30pm

**Location:** Recreation Building

**Cost:** \$165.00

**Instructor:** Megan Koch

This class prepares the seasoned cello player for the Senior All State Cello Audition.



For more information on any of our Pre-School programs please contact our Youth Recreation Supervisor

Josh Wolff—(401) 886-8626, Ext 1—[jwolff@eastgreenwichri.com](mailto:jwolff@eastgreenwichri.com)



# Summer 2024

## Family Fun Series



**Free Family Fun Shows on  
Tuesday Nights at  
Academy Field 6:00pm**

**July 16th - Tommy James  
Magic Show**

**July 30th - Vinnie Ames  
Kids Karaoke**

**Aug 20th - Flying High Dogs  
Interactive Dog Show**

**Call 886-8626 Ext 2. for more information**



# RECREATION

## Message from the Recreation Manager:



Looking forward to an amazing summer season in beautiful East Greenwich. From concerts to fitness classes and everything in between, I hope you find something that suits your fancy! This summer's concert series is going to be one to remember with fantastic live music from some of the very best bands in the area. The Family Fun series on Tuesday nights will bring back a favorite or two as well as adding a couple new acts that will entertain the entire family. If registering for a lengthy program doesn't fit with your schedule, try one of our workshops, Mushroom Hunting or Yoga with your Mini. This summer we'll be hosting the annual National Night Out once again at Academy Field on August 6<sup>th</sup> from 6:00-8:00, along with our local Police and Fire Departments. This event is for the entire community and shouldn't be missed. Summers in RI are short, so let's make the most of it by embracing our community and celebrating the season together. Please don't hesitate to give me a call if there's a program you'd like to see offered or have a question, I'd love to hear from you!



**Rachel Arbige**  
**Recreation Manager**  
 401-886-8626, Ext 2

[egrecreation.recdesk.com](http://egrecreation.recdesk.com)

Save the Date!

## 3rd Annual Picnic in the Park



**Saturday, June 1st**

\*Rain Date Sunday, June 2nd

**Academy Field**  
 121 Peirce St  
**11:00-2:00pm**

**Tommy James Magic Show 11-12pm**  
**Stone Cold Gypsies Band 12-2pm** 🎵  
**Food Trucks, Games & More!**

## East Greenwich Community Services



# National Night Out



**August 6th, 2024**  
**Academy Field 6-8pm**



For everyone's safety please leave pets at Home.

Please Join Us for a fun evening with your families in the heart of town! Featured at this annual event will be live music, Food Trucks, Rock Wall, Dunk Tank and much more including an equipment showcase from members of our Police and Fire Departments!



**Live Music!**



# SPECIAL INTEREST PROGRAMS

## Horseplay / Rise & Ride

**Date:** Session I Thursdays, July 11 – August 1  
Session II Thursdays, August 8-August 29

**Time:** 10:00am-11:00am

**Location:** Faith Hill Farm

**Cost:** \$225 Resident / \$250 Non-Resident

**Instructor:** Faith Hill Farm Staff

Start your day off with a trip to the barn! Learn the basics of horseback riding in a supportive environment designed for adult beginners. Join other adult horse enthusiasts for an hour of horse knowledge and connection. No experience required. This is an all weather program.



## Horse "Happy Hour"

**Date:** Session I Fridays, July 12 – August 2  
Session II Fridays, August 9 – August 30

**Time:** 5:00pm-6:00pm

**Location:** Faith Hill Farm

**Cost:** \$225 Resident / \$250 Non-Resident

**Instructor:** Faith Hill Farm Staff

End your work week with horses! Learn the basics of horseback riding in a supportive environment designed for adult beginners, while unwinding from the daily grind. Join other adult horse enthusiasts for an hour of horse knowledge and connection! No experience required. This is an all weather program.



## Mushroom Hunting

**Date:** Thursday & Friday August 8 & 9

**Time:** 5:30pm- 7:00pm

**Location:** Parks & Recreation Program Room

**Cost:** \$75 Resident / \$85 Non-Resident

**Instructor:** Ryan Bouchard and Emily Schmidt

**Summer Mushroom Hunting in Rhode Island, Part I :** *Indoor slideshow and lecture class with The Mushroom Hunting Foundation.* There are many types of mushrooms in our region. Some are poisonous, but their ecology is fun to learn about...and others are simply delicious! Ryan and Emily will explain the basics of wild mushroom science and safety, and focus on the local fall species that are considered "safe for beginners" to cook with.

**Summer Mushroom Hunting in Rhode Island, Part II:** *Outdoor class with The Mushroom Hunting Foundation* Ryan and Emily will lead us into the forest for a close look at local fungi in their natural habitats. In addition to learning about the fascinating science of mushroom identification, you'll hear great tips on mushroom photography, and see firsthand how the collecting tools are used. For detailed course description see RecDesk.



## Dog Obedience

**Dates:** Wednesdays, July 10 – August 21

**Time:** 6:00pm-7:00pm No class 8/7

**Location:** Recreation Program Room

**Cost:** \$175 Resident / \$185 Non-Resident

**Instructor:** Beth McGuire

Using entirely positive and science-based methods, you will laugh as you learn how to communicate with your dog. Our method will be Clicker training. Class is open to dogs 12 weeks and older, proof of vaccinations required. First class is for humans only! \*This class is not recommended for dogs with aggression towards other animals or people. For detailed course description and materials list see RecDesk.



## East Greenwich Land Trust & Trail Adoption

The East Greenwich Land Trust is partnering with the Community Services & Parks Department to host events on our town's preserved wooded parks. Events may include guided walks or hikes, trail improvement, native planting or other conservation or ecological opportunities. To receive notification of volunteer opportunities please register today. There is no cost for registration.

Register at: <https://egrecreation.recdesk.com/Community/Home> or call 401-886-8626 Ext. 2 for more information.



For more information on any of our Special Interest programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—[rarbige@eastgreenwichri.com](mailto:rarbige@eastgreenwichri.com)



# ADULT FITNESS

**Registration  
Opens  
Tuesday,  
June 5th  
10AM**

## Body Conditioning

**Dates:** M,W,F July 1 – August 30

No class 7/24, 7/26, 7/31, 8/12, 8/23

**Time:** 9:00am-10:00am

**Location:** Swift Gym

**Cost:** \$78 Resident /\$98 Non-Resident

**Instructors:** Amy Eberle (M) Michelle Anderson (W,F)

Learn the proper exercise techniques to maximize your workout. An easy to follow aerobic workout gets your heart pumping. High or low impact the choice is yours! Strength work, balance training and a stretch are also incorporated into the classes. The routines change regularly so your mind and body are constantly challenged. Bring a water bottle, sneakers and a positive attitude.

## Pilates

**Dates:** Tuesdays, July 2 – August 6

**Time:** 5:30pm-6:25pm Or 6:30pm -7:25pm

**Location:** Recreation Building / Program Room

**Cost:** \$45 Resident /\$55 Non-Resident

**Instructor:** Tara Wood

Join in for an integrated Mat Pilates workout. We will focus on strengthening the core while increasing overall mobility, stability, flexibility and balance. All levels are invited to enjoy a fantastic low impact workout. Please bring a mat and water bottle.



## Total Body Blast!

**Dates:** Thursdays, July 11 - August 29 No class 7/25, 8/22

**Time:** 5:15pm-6:15pm

**Location:** Swift Gym

**Cost:** \$36 Resident /\$46 Non-Resident

**Instructor:** Michelle Anderson

This cardio-weight circuit class keeps you moving and helps build strength & endurance. The circuit class combines total body strength training with cardio moves using weights, ropes and slam-balls. All levels welcome!! Ages 16+



## Define Yourself

**Dates:** W,F July 3 – August 30

No class 7/24, 7/26, 7/31, 8/23

**Time:** 10:00am-10:45am

**Location:** Swift Gym

**Cost:** \$58 Resident /\$78 Non-Resident

**Instructors:** Michelle Anderson

Get pumped with this total body strength class. We use weights, loops, tubes, balls and your own bodyweight to improve overall strength and mobility. Come get stronger all over. You set your own goals for how hard you want to push.



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—[rarbige@eastgreenwichri.com](mailto:rarbige@eastgreenwichri.com)



# ADULT FITNESS

## Yoga with your Mini Workshop

**Dates:** Monday July 1, 8 or 22

**Time:** 9:30am-10:15am

**Location:** Recreation Program Room

**Cost:** \$6/Adult \$3/Child - Resident  
\$8/Adult \$4/Child - Non-Resident

**Instructor:** Martha Russo

Enjoy the benefits of yoga with the child(ren) in your life. In each of these group classes, we stretch, breathe, and get our bodies moving in a fun yet calming way. Open to caregivers and children of all ages. Parent participation is required. Class will be held outside during nice weather. Register for one or all three of these amazing workshops.



## Zumba Fitness - Tuesdays

**Dates:** Tuesdays, July 2 – August 27 No class 8/6

**Time:** 5:15pm-6:15pm

**Location:** Swift Gym

**Cost:** \$36 Resident /\$46 Non-Resident

**Instructor:** Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



## Zumba Fitness - Saturdays

**Dates:** Saturdays, July 6– August 31 No class 8/24

**Time:** 9:30am-10:30am

**Location:** Swift Gym

**Cost:** \$36 Resident /\$46 Non-Resident

**Instructor:** Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



## Stretch & Relax

**Dates:** Tuesdays, July 2– August 27 No class 8/6

**Time:** 4:15pm-5:15pm

**Location:** Swift Gym

**Cost:** \$36 Resident /\$46 Non-Resident

**Instructor:** Natalie Thibodeau

Stretching is an important exercise to keep your body limber and flexible.

Join the class as they receive a full body stretch. Stretching is important for people who exercise on a regular basis. This class is great for older adults to improve muscle control and balance. Participants must be able to get on the floor. Bring a mat (if you have one) and a water bottle to class.



## Dance Party Refresh Fitness

**Dates:** Mondays, July 1– August 26 No class 7/29, 8/12

**Time:** 10:00am-11:00am

**Location:** Swift Gym

**Cost:** \$28 Resident /\$38 Non-Resident

**Instructor:** Lauren Burke

This dance fitness class incorporates high-intensity aerobic dance, a taste of various cultures, imagination and a whole lot of sweat and smiles! This is a judgement-free zone where participants of all levels and abilities can feel free to move in the way that is unique to them, while improving both mental and physical health. The class ends with stretching and a brief mindfulness practice.



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—[rarbige@eastgreenwichri.com](mailto:rarbige@eastgreenwichri.com)



# PICKLEBALL

Registration for all  
Pickleball classes will begin:  
10:00am June 5<sup>th</sup> for all E.G.  
Residents and  
10:00am June 7<sup>th</sup> for all Non-  
Residents



## Pickleball Beginner & Intermediate

**Dates:** Sundays, July 7– August 4

**Time:** 4:00pm – 5:00pm

**Location:** Municipal Courts

**Cost:** \$70 Resident /\$80 Non-Resident

**Instructor:** Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!



## Pickleball Beginner & Intermediate

**Dates:** Wednesdays, July 10– August 7

**Time:** 5:00pm – 6:00pm

**Location:** Frenchtown Courts

**Cost:** \$70 Resident /\$80 Non-Resident

**Instructor:** Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!



## Pickleball Advanced Round Robin

**Dates:** Sundays, July 7 – August 4

**Time:** 5:00pm-6:30pm

**Location:** Municipal Courts

**Cost:** \$95 Resident /\$105 Non-Resident

**Instructor:** Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



## Pickleball Advanced Round Robin

**Dates:** Wednesdays, July 10 – August 7

**Time:** 6:00pm-7:00pm or 7:00pm-8:00pm

**Location:** Frenchtown Courts

**Cost:** \$70 Resident /\$80 Non-Resident

**Instructor:** Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



For more information on any of our Pickleball programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—[arbige@eastgreenwichri.com](mailto:arbige@eastgreenwichri.com)



# TENNIS / TABLE TENNIS

## Tennis Beginner & Intermediate Lessons

**Date:** Tuesdays, July 9 - August 6

**Time:** 5:00pm-6:00pm

**Location:** Municipal Courts

**Cost:** \$95 Resident /\$105 Non-Resident

**Instructor:** Kristen Coker

This tennis class is instruction based for the beginner and intermediate player. There will be multiple coaches and students will be placed into groups based on skill and experience.



## Tennis/Advanced Lessons

**Date:** Tuesdays, July 9 - August 6

**Time:** 6:00pm-7:00pm

**Location:** Municipal Courts

**Cost:** \$95 Resident /\$105 Non-Resident

**Instructor:** Kristen Coker

This tennis class is instruction based for the advanced tennis player. Players must perform at the 3.5 level or higher to register for this program.



## Tennis/Intermediate Cardio Tennis

**Dates:** Thursdays, July 11 – August 8

**Time:** 9:30am-10:30am

**Location:** Municipal Courts

**Cost:** \$95 Resident /\$105 Non-Resident

**Instructor:** Pam Dodman

Cardio Tennis for the advanced beginner and intermediate player. Enjoy this high energy tennis class through drills and games.



## Advanced Cardio Tennis

**Dates:** Thursdays July 11 – August 8

**Time:** 10:30am-11:30am

**Location:** Municipal Courts

**Cost:** \$95 Resident /\$105 Non-Resident

**Instructor:** Pam Dodman

This is a fun, high energy drill and game-based class for the advanced tennis player. This is not an instructional class. Players must perform at the 3.5 level or higher to register for this program.



## Ping Pong/Table Tennis Co-Ed Pick Up League M & F

**Dates:** M, F July 1– August 30

No class 8/12

**Time:** 10:00am -12:00pm

**Location:** Recreation Program Room

**Cost:** \$34 Resident /\$44 Non-Resident

**Instructors:** John Prendergast & Ronald Joseph

Come to the gym and play recreational games of doubles ping pong. No referees, no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited. This class has no instruction, just informal pick up games.



For more information on any of our Adult programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—[rarbige@eastgreenwichri.com](mailto:rarbige@eastgreenwichri.com)



EAST GREENWICH

# SUMMER CONCERTS

## 2024

*All Concerts at Academy Field*  
6:00—8:00 PM

July 11

**Sliding Capos**

Classics/R&B Motown

July 18

**Billy Shears Band**

Classic Rock / Beatles

July 25

**Roadside  
Attraction**

Classic Rock & More

August 1

**Eddy's Shoe**

Grateful Dead / Classic Rock

August 8

**Heavy Rescue**

Top Hits & Dance Mix

August 22

**After Shock**

Big Band/R&B/ Swing

*For more info:  
please call  
886-8626 fxt 2.*



# SENIOR SERVICES

## A message from our Senior Services Manager,

Senior Services offers a variety of programs for individuals ages 55 and older and adults with disabilities. Our hours of operation are Monday through Friday from 8:30a.m. to 4:30p.m. We offer exercise programs (\$2.00 for residents/\$3.00 for non-residents per class), recreational programs, educational programs and trips. Please contact me at 886-8669, ext. 3 if you have any questions about our programs or services.



We are offering 6 week Tai Chi summer sessions on Thursdays from July 11<sup>th</sup> – August 15<sup>th</sup>. This is a great time to try Beginner Tai Chi or hone your skills in the Intermediate classes! Please see page 19 for more information.

We began offering a new exercise program called Stay Active this year on Wednesdays from 2:30 – 3:15 p.m. The class has been very popular! If you have not tried the class, I encourage you to drop-in on a Wednesday afternoon. If you have not previously completed a Senior Services registration and liability form, please arrive 10 minutes before the start of any Senior Services exercise class to complete a form.

Two special programs being offered this summer are Carol Burnett & Friends and Chronic Pain Self-Management. Please see pages 20 & 21 for details.

We serve lunch Monday through Friday at noon. Each meal is a suggested \$3.00 donation and includes coffee, tea, milk, an appetizer, a main entrée, and dessert. We are hosting two special celebrations this spring: a Mother's Day luncheon on Thursday, May 9th and a Father's Day luncheon on Thursday, June 13th. These celebrations include special meals and musical entertainment. Tickets are required for each event. Please review our monthly newsletters for details about these events.

Transportation is provided for East Greenwich residents to the Swift Community Center, medical appointments in East Greenwich, grocery shopping, pharmacies and retail shopping. We also offer periodic day trips to local destinations.

Please stop by the Swift Community Center to meet the staff and tour our facility. We hope you are able to join us this spring for a meal and a program!



**Erin McAndrew**  
**Senior Services Manager**  
**401-886-8669, Ext 3**



We hope you can join us for a trip this year! Please see page 22 for details.

## Senior Services Staff

**Manager**  
**Erin McAndrew**

**Transportation Coordinator:**  
**Tony Diogo**

**Meal Site Coordinator**  
**Judy Karam**

**Monday - Friday**  
**8:30 a.m. - 4:30 p.m.**  
**401-886-8669**



# SENIOR GAMES & ACTIVITIES

## Mah Jongg

**Ages:** Adults over 55

**Dates:** Mondays. No program 8/12.

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Swift Game Room

**Cost:** Free

This tile-based game was developed in the 19th century in China. Participants must have experience playing the game.



## BINGO

**Ages:** Adults over 55

**Dates:** 2nd & 4th Mondays. No program 8/12.

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Swift Gym

**Cost:** A set of bingo cards is \$3. A bingo marker is \$2.



## Bridge

**Ages:** Adults over 55

**Dates:** Mondays & Tuesdays. No program 8/12.

**Time:** 9:00 a.m. - 11:30 a.m.

**Location:** Swift Game Room

**Cost:** Free

New players are welcome and encouraged to attend. This entertaining card game combines strategy and skill to beat your opponents.



## Canasta

**Ages:** Adults over 55

**Dates:** Fridays

**Time:** 12:00 p.m. - 3:00 p.m.

**Location:** Swift Game Room

**Cost:** Free

This card game resembles rummy, but uses two decks. Participants must have a basic knowledge of canasta rules.



## Scrabble

**Ages:** Adults over 55

**Dates:** Tuesdays.

**Time:** 9:30 a.m. - 11:30 a.m.

**Location:** Swift Game Room

**Cost:** Free

Come and join fellow "wordsmiths!"



## Pickleball

Seasonal Program June through October

**Ages:** Adults over 55

**Dates:** Mondays, Tuesdays & Wednesdays

**Time:** 9:30 a.m. No games 8/12.

**Location:** Academy Field Basketball Courts

**Cost:** Free

Impromptu games May - October. Racquets and balls available at Swift if needed.



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Manager Erin McAndrew—(401) 886-8669, Ext. 3—[emcandrew@eastgreenwichri.com](mailto:emcandrew@eastgreenwichri.com)



# SENIOR FITNESS

## Yoga

**Ages:** Adults over 55  
**Dates:** Tuesdays  
**Time:** 8:45 a.m. - 9:45 a.m.  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Linda Morse



The basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. Participants must supply their own mat.

## Chair Yoga

**Ages:** Adults over 55  
**Dates & Times:**  
 Tuesdays 11:00 a.m. - 12:00 p.m.  
 Wednesdays 1:00 p.m.- 2:00 p.m.  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Linda Morse



Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor.

## Stretch and Tone

**Ages:** Adults over 55  
**Dates & Times:**  
 Tuesdays 10:00 a.m. - 10:45 a.m.  
 Wednesdays 11:00 a.m. - 11:45 a.m.  
 Thursdays 10:00 a.m.- 10:45 a.m.  
 No class 7/4  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Daryl Brazo



Exercises to help maintain muscle strength, stamina and balance using weights. A chair may be used if needed.

## Stay Active

**Ages:** Adults over 55  
**Dates:** Wednesdays  
**Time:** 2:30 p.m. - 3:15 p.m.  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Michelle Anderson



The program works to improve balance, muscle strength, flexibility and mobility which can lead to better functioning in daily activities. Exercises can be done while seated in a chair.

## Circuit Fitness

**Ages:** Adults over 55  
**Dates:** Fridays  
**Time:** 11:00 a.m. - 11:45 a.m.  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Michelle Anderson



Low impact exercises mixed with upper body and lower body strength training. These exercises will help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.

## Sit to be Fit

**Ages:** Adults over 55  
**Dates:** Mondays. No class 8/12.  
**Time:** 1:15 p.m. - 2:15 p.m.  
**Location:** Swift Dining Room  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Susanna Bodell



With the stability of a chair, you can perform exercises for range of motion, balance, and strength.



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# SENIOR PROGRAMS

## Beginner Tai Chi Long Form Yang Style

**Ages:** Adults over 55  
**Dates:** Thursdays, July 11 – August 15. Total of 6 classes.  
**Time:** 1:00 p.m. - 1:45 p.m.  
**Location:** Swift Gym  
**Cost:** \$12 Resident / \$18 Non-Resident



**Instructor:** Jane Gemma  
 Min # of participants: 10. Max # of participants: 20.  
 Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.

## Intermediate Tai Chi Long Form Yang Style

**Ages:** Adults over 55  
**Dates:** Thursdays, July 11 – August 15. Total of 6 classes.  
**Time:** 2:00 p.m. - 3:00 p.m.  
**Location:** Swift Gym  
**Cost:** \$12 Resident / \$18 Non-Resident  
**Instructor:** Jane Gemma  
 Min # of participants: 10. Max # of participants: 20.



Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.

## Country Western Line Dancing

**Ages:** Adults over 55  
**Dates & Times:** Tuesdays 1:00 - 2:00 p.m.  
 Fridays from 1:00 p.m. - 2:00 p.m.  
**Location:** Swift Gym  
**Cost:** \$2 Resident / \$3 Non-Resident  
**Instructor:** Jackie Willsie.  
 This class will keep you moving to country western songs. If you enjoy line dancing, you'll love this class!



## Indoor Walking Program

**Ages:** Adults over 55  
**Dates:** Tuesdays  
**Time:** 2:30 p.m. - 3:30 p.m.  
**Location:** Swift Gym  
**Cost:** Free  
 Drop by and use the gym to walk at your own pace.



## Art Class

**Ages:** Adults over 55  
**Dates:** Wednesdays  
**Time:** 9:15 a.m. - 10:45 a.m.  
**Location:** Swift Dining Room  
**Cost:** \$2 Resident / \$3 Non-Resident



**Instructor:** Jeannine Anderson  
 All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants must supply their own materials.

## Knitting & Crocheting

**Ages:** Adults over 55  
**Dates:** Fridays  
**Time:** 8:45 a.m. - 10:45 a.m.  
**Location:** Swift Dining Room  
**Cost:** Free



Studies have shown that positive outcomes from knitting and crocheting groups include improved self-esteem, brain function and health through social contact. All skill levels are welcome.



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# SENIOR PROGRAMS

## Carol Burnett & Friends

**Dates:** Thursdays, July 11, 18, 25, August 1, 8 & 15. Total of 6 classes.

**Time:** 1:30 – 3:30 p.m.

**Location:** Swift Dining Room

**Cost:** \$12 Resident / \$18 Non-Resident

**Instructor:** Brett Morse

From unemployed actress in her first year in New York City, to her first job as a hat check girl, to finally landing her first acting job playing a minor role as the girlfriend of a ventriloquist's dummy – Carol Burnett never gave up, and we are grateful that she persevered! Did you know that she won an Emmy in the field of music or was nominated for a Tony Award on Broadway? Well, in this program you will learn all about her life right up to the celebration of her 90<sup>th</sup> birthday, as well as enjoy her comedy along with fellow comedians such as Lucille Ball, Bob Newhart, Steve Martin, and many others. And of course, "The Carol Burnett Show" will be featured with Harvey Korman and Tim Conway. Pre-registration is required. Min # of participants: 5. Max # of participants: 20



## Philosophy Club

**Ages:** Adults over 55

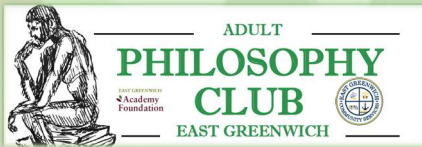
**Dates:** Second and fourth Wednesdays of the month

**Time:** 9:00 a.m. - 10:30 a.m.

**Location:** Swift Game Room

**Cost:** Free

You are invited to enjoy a thought provoking exploration of a myriad of philosophical topics. Meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group.



## Caregivers Support Group

**Dates:** Third Friday of every month on Zoom

**Time:** 10:00 a.m. - 11:00 a.m.

Please contact Deb Burton at 401-585-0509 or [deb@rielderinfo.com](mailto:deb@rielderinfo.com) for more information or to register.



## Writing & Journaling

**Dates:** Tuesdays, June 11—July 30.

Total of 8 classes.

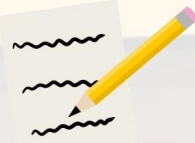
**Time:** 1:30 p.m. - 3:00 p.m.

**Location:** Swift Game Room

**Cost:** \$20 Resident / \$25 Non-Resident. Pre-registration is required.

**Instructor:** Jonathan Gibbs, Adjunct Prof. Bryant Univ.

The course will include any kind of writing a participant wants to concentrate on, as well as an offering of writing prompts designed to get the creative juices flowing. A writing journal will be provided and participants can choose to use a device for writing if they prefer.



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# SENIOR EDUCATION

## Chronic Pain Self-Management

**Dates:** Wednesdays, July 10, 17, 24, 30, August 7 & 14.  
Total of 6 classes.

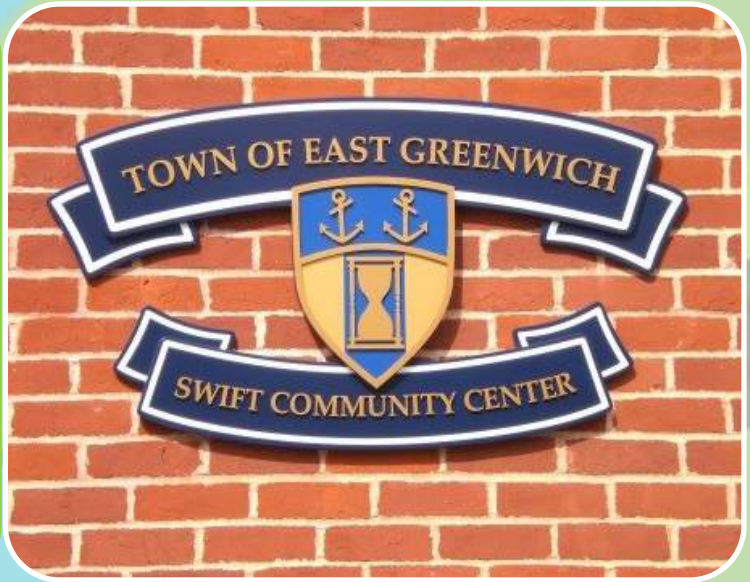
**Time:** 1:30 – 4:00 p.m.

**Location:** Swift Dining Room

**Cost:** Free

**Instructor:** Kathi Masi

This program will help you connect with others experiencing chronic pain, teach you stress management, communication and pain mitigation techniques. Participants will learn about managing medications, fatigue, nutrition and how to create weekly action plans. Pre-registration is required. Min # of participants: 8. Max # of participants: 15



## Vertigo Screenings with Jonathan Walker

**Date:** Thursday, August 1

**Time:** 10:00 a.m. - 11:00 a.m.

**Location:** Swift Living Room

**Cost:** Free

If you have been having issues with dizziness, vertigo or balance, we have free screenings performed by licensed physical therapist and vestibular specialist Jonathan Walker to assess your dizziness symptoms. You can sign up for a private, free 10 minute screening. Max # of participants: 4. Appointments are required.



## Cyber Seniors

**Location:** Swift Computer Room

**Cost:** Free

Cyber Seniors is a research study program coordinated by URI Associate Professor, Skye Leedah. A URI student is utilizing this program to gain experience in working with older adults and in learning how to explain new information to people. URI students are NOT Apple, Google, or Zoom experts. They will work with participants to share what they know, help brainstorm and problem solve. Private one hour appointments with a URI student are available this summer. Dates and times to be determined. If you would like an appointment, please call Erin at 886-8669 ext. 3.



## Reflexology

**Dates:** Third & fourth Fridays of each month

**Time:** 10:00 a.m. – 1:00 p.m.

**Location:** Swift Living Room

**Cost:** \$30 for a half-an-hour appointment. Appointments are required.

**Instructor:** Mary Chapman, NBCR, a nationally certified reflexologist

Participants can choose to have reflexology on their hands or feet. Thirty minute appointments are available between 10:00 a.m. – 1:00 p.m. Payment is accepted by a check made payable to Anam Cara Reflexology or cash. Credit cards are not accepted.



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# SENIOR TRIPS

## Old Time Mystic, CT

**Thursday, August 29, 2024** Cost: \$90 per person. Payment due by August 2.

**Transportation by Experience Rhode Island Tours** (Considerable walking. Balance needed while on the boat ride.)

Our tour will begin at one of the most delightful bookstores you have ever seen in a lovely coastal village near Mystic. Then, we will be off to the recreated 18th century colonial town of Olde Mistick Village, where you will have time to explore the unique shops and enjoy lunch (cost on your own). After lunch, we will show you the picturesque Main Street of Mystic before you go for a fun visit to Mystic Seaport. Here, you will experience life as it was lived in the 1800's and cruise down the Mystic River on an old-fashioned steamboat.

**Bus Departs 1127 Frenchtown Road at 10:00 a.m. Returns at approximately 5:00 p.m.**

**Min # of participants: 20. Max # of participants: 28.**



## Beautiful Block Island

**Thursday, September 19, 2024** Cost: \$100 per person. Payment due by August 23.

**Transportation by Experience Rhode Island Tours** (Considerable to moderate walking.)

Come away with us for a splendid day to the island the Nature Conservancy calls one of the last great places in the Western Hemisphere. Located twelve miles out in the Atlantic Ocean with beautiful lighthouses, serene walking trails, stunning bluffs, and spectacular beaches, Block Island is a national treasure. You will love the island pace and natural splendor that has brought four United States presidents here. Filled with unique beauty and amazing stories, you will thoroughly enjoy our trip around "the Bermuda of the North"! The bus will take the group around the island for a sight-seeing tour and then provide shuttle service to multiple locations. Participants will have time on their own for meals, leisure and shopping.



Bus departs 1127 Frenchtown Road at 10:00 a.m.

Returns at approximately 8:30 p.m.

Min # of participants: 20. Max # of participants: 28.

## Blackstone River Cruise & Dinner at Wrights Farm

**Thursday, October 24, 2024** Cost: \$105 per person. Payment due by September 27.

**Transportation by Experience Rhode Island Tours** (Moderate walking. Balance needed while on the boat ride.)

This trip includes a peaceful cruise down the Blackstone River on the Blackstone Valley Explorer. After the cruise, the group will tour the Saint Ann's Arts and Cultural Center in Woonsocket, often referred to as America's Sistine Chapel. The trip concludes with a family style dinner at Wrights Farm and a visit to the gift shop before stopping at Wright's Dairy Farm and Bakery.

Bus departs 1127 Frenchtown Road at 1:00 p.m.

Returns at approximately 7:30 p.m.

Min # of participants: 20. Max # of participants: 28.



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# Harbor Information

**Harbormaster: John Parker**

401-886-8626 [Harbormaster@eastgreenwichri.com](mailto:Harbormaster@eastgreenwichri.com)

## Harbor Management

The Harbormaster is responsible for all aspects of boating safety and control within the East Greenwich Harbor District. The Harbormaster is also tasked with the identification, inspection and distribution of boat moorings within the harbor district. The Harbormaster may cite any alleged violation of the [Harbor Regulations](#).

## General Information

The Town has 110 mooring permits on the easterly side of Greenwich Cove. The Harbormaster patrols the cove seasonally and manages the mooring field for mooring placement, issues, and code compliance. Mooring permits are renewed annually and any available permits are issued to those on the wait list in mid-March. Residency, boat size and mooring location are all taken into consideration for new mooring permits.

Dinghy rack spaces are made available to East Greenwich mooring holders first and any available spaces are rented to non-mooring holders. There are limited kayak spaces available.

The mooring list, wait list and dinghy list are managed by the Parks & Recreation Department.

**Below are pertinent documents that can be found on our website:**

[Mooring Waiting List Application](#)

[Dinghy Rack Application \(Current Mooring Holder\)](#)

[Dinghy Rack Application \(Non-Mooring Holder\)](#)

[Dinghy Rack Rules](#)

[Harbor Management Ordinances](#)



## Kayak/SUP Rack - Scalloptown Park

We reserve spaces on the newly built rack for kayaks, SUP & canoes at Scalloptown Park. Below are the links to the rules and regulations on the rack. East Greenwich residents will be given preference and should submit their forms to the Parks & Recreation office prior to March 1, 2024 to be included in the lottery.

[Scalloptown Park Rack Rules](#)

[Scalloptown Park Rack Application](#)



For more information on the Harbor Division, please contact the Recreation Department at 401-886-8626 ext 2.

## June

*By John Updike*

The sun is rich  
And gladly pays  
In golden hours,  
Silver days,  
And long green weeks  
That never end.  
School's out.  
The time is ours to spend.  
There's Little League,  
Hopscotch, the creek,  
And, after supper,  
Hide-and-seek.  
The live-long light  
Is like a dream,  
and freckles come  
Like flies to cream.

